



Deconstructed Chicken Kiev

READY IN



45 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounce arugula
- 0.3 cup olives black
- 0.5 cup butter melted
- 0.5 pint cherry tomatoes
- 0.5 cup feta cheese
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 cloves garlic
- 1 lemon zest
- 1 tablespoon olive oil

- 4 servings salt and pepper
- 4 chicken breast halves boneless skinless
- 4 slices bread white
- 1.5 pounds baby yukon gold potatoes

Equipment

- food processor
- oven

Directions

- Preheat oven to 400 degrees F. Toss potatoes with olive oil, salt, and pepper. Roast for 20 to 25 minutes before adding chicken (follow next steps to prepare chicken before roasting).
- Add the bread to a food processor. Pulse until it turns into crumbs. Take the breadcrumbs out, and set aside. Pulse the garlic and parsley until finely chopped.
- Add the breadcrumbs back, and pour in melted butter. Pulse again until it coats all of the breadcrumbs.
- Press the bread mixture onto the chicken breasts.
- Put the chicken into the oven with the potatoes and bake until cooked through, about 15–20 minutes.
- Meanwhile, halve the tomatoes, toss with olives, lemon zest, 1 tablespoon of olive oil, salt, pepper and parsley. Stir in Feta. Set aside.
- Layer arugula on the bottom of the plate.
- Add the chicken breasts, top with tomato and feta salsa.
- Serve with roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:31.28, Inflammation Score:-9, Nutrition Score:36.551739153655%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 18.71mg, Kaempferol: 18.71mg, Kaempferol: 18.71mg, Kaempferol: 18.71mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 651.43kcal (32.57%), Fat: 36.24g (55.75%), Saturated Fat: 18.68g (116.75%), Carbohydrates: 48.38g (16.13%), Net Carbohydrates: 42.3g (15.38%), Sugar: 5.32g (5.91%), Cholesterol: 150.01mg (50%), Sodium: 1003.72mg (43.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.68%), Vitamin K: 96.63µg (92.03%), Vitamin B6: 1.57mg (78.47%), Vitamin B3: 15.5mg (77.5%), Vitamin C: 61.09mg (74.05%), Selenium: 46.42µg (66.31%), Vitamin A: 2494.87IU (49.9%), Phosphorus: 479.98mg (48%), Potassium: 1520.02mg (43.43%), Manganese: 0.69mg (34.66%), Folate: 125.7µg (31.43%), Vitamin B1: 0.42mg (27.83%), Vitamin B5: 2.78mg (27.82%), Calcium: 277.33mg (27.73%), Magnesium: 110.74mg (27.69%), Vitamin B2: 0.46mg (26.9%), Fiber: 6.08g (24.3%), Iron: 4.08mg (22.64%), Copper: 0.35mg (17.73%), Vitamin E: 2.37mg (15.8%), Zinc: 2.31mg (15.37%), Vitamin B12: 0.59µg (9.85%), Vitamin D: 0.19µg (1.25%)